

metafit[®]

Point Cook

**jump
into life**

INSPIRATION
MOTIVATION
REJUVENATION

**Jump Into Life Personal Training are
now offering metafit classes.**

Metafit is a 30 minute Bodyweight High Intensity Interval
Workout that keeps on working for up to 24hours.
Metafit is tailored to all fitness levels

**Time: Tuesday's 10:30am & 11am
Friday's 9:15am & 9:45am**

**Location:
Seabrook Community Centre,
15 Truganina Ave, Seabrook**

Time: Saturday's 7am & 8:15am

**Location:
Featherbrook Community Centre,
33- 35 Windorah Drive, Point Cook**

*Brigitte Sneyders is a qualified Personal Trainer for Kids, Adults &
older Adults, metafit coach, Pilates Exercise Mat instructor and
Athletics Australia Recreational Running Coach*

**Contact us on m: 0421 647 414
e: jumpintolifept@bigpond.com**